

In an emergency you will need to gather the following information:

- Location (Grid Reference)?
- Time of the incident?
- What happened?
- Who is injured?
- What are their injuries?
- What first aid have you already given?

While you are waiting for help look after the injured person and consider putting a tent up to keep everyone warm.



wilderness expertise

### EXPEDITION SAFETY CARD

ARE THE INJURIES LIFE THREATENING?

YES

CALL 999

THEN

NO

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**D**ANGER + YOU  
- OTHERS  
CASUALTY

What was the  
"Mechanism of Injury"?

**R**ESPONSE

ALERT  
VOICE  
PAIN  
UNRESPONSIVE

**A**IRWAY

Is the Casualty Conscious??

NO	YES
1. Check inside mouth	1. "Are you choking?"
2. Clear any obstruction	2. Cough?
3. Tilt head back	3. Back Slaps x 5
	4. Abdo Thrusts x 5

**B**REATHING  
LOOK/LISTEN/FEEL  
FOR 10 SECONDS

Is the Casualty Breathing??

NO	YES
1. CALL 999	1. Sit casualty on the floor
2. Get an AED if available	2. Look for any injuries
3. CPR: 30 Compressions 2 Breaths	3. Ask questions
	4. Medication? (Inhalers/Epi Pens)

**C**IRCULATION  
Apply pressure to bleeding

**D**AMAGE

BREAKS AND STRAINS

Keep the casualty in a comfortable position and seek help

BURNS

Cool with water for at least 10 mins

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